

# The Signature

## Sigonella, Sicily

Vol. 21 No.31

Aug. 6, 2004

### TOP STORIES

**T**he Department of Defense announced July 29 that Sailors and Airmen are now able to "Go Army" under a new program intended to rebalance the size of the military.

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**T**he annual mouthwatering *Sagra delle Pesche & Pere* (Peach & Pear Festival) recognizes the importance of the Maniace peach and pear industry. This year the *sagra*, which will be held on August 7 and 8, will be celebrating its 10th anniversary.

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**O**n a top of a scenic hill near the Mineo Housing area people from Naval Air Station Sigonella gathered to take part in a fundraising event benefiting the families of those lost in a Helicopter Combat Support Squadron Four (HC-4) "Black Stallions" accident last July.

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**T**he recap of NAS continues on schedule. With the completion of the Community Building in May the attention of engineers and contractors is now focused on the MWR Sports and Recreation Complex, schedule for completion in the summer of 2006.

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## Motorcycle stand down preaches safety first

By JO2 Steve Weaver  
Staff Writer

The Naval Air Station Sigonella Safety Office held its third annual motorcycle safety stand down on July 30 in the base theater to remind motorcyclists that riding can be dangerous.

During the presentation, veteran riders talked about their experiences, safety tips were presented, current regulations were discussed and current statistics on motorcycle usage were listed.

ABH1 John Mabry, traffic safety

specialist, said there were four motorcycle accidents in the month of July alone, two involving injuries. As of July 30, there were 14 motorcycle accidents reported this year compared to seven last year, out of roughly 236 registered motorcycles on base. Navy wide there have been 60 deaths this year in motorcycle accidents.

Capt. Ken Bitar, NAS Sigonella executive officer, also presented some statistics during the stand down. "We had 715 accidents last year," Bitar said. "We have 360 traffic accidents this year and we're half way through the year."

He went on to explain the importance of staying aware. "We are here to bring that awareness, to take a couple of hours to remind you how dangerous it is to get on that motorcycle and that the blind spot of a driver looking in a rear-view mirror is pencil thick."

Bitar added that five percent of highway fatalities in the U.S. involve motorcycles, but "eighty percent of motorcycle accidents involve fatalities," Bitar said. "This year we haven't had any motorcycle incidents here involving alcohol. That is a success."

Woody Olasin, traffic safety

specialist, shared a story about what happened to him when he decided to drink and ride.

"I left a lot of my backside on the pavement that day," Olasin said. "I put the bike away and haven't been on one since. It was my choice. When I went off that bike I was riding it right around 25 years. I thought I knew it all. I learned a valuable lesson...don't drink when you're on a bike."

Another speaker, Walter Heller, assistant fire chief, has been riding motorcycles since 1964 and has accumulated around 60,000 miles on the roads in Sicily on a motorcycle, but recently learned a valuable lesson. "On June 5, I learned a whole lot more than I ever thought I could learn after all those years of riding," Heller said. "I had an accident out here on the autostrada." Heller said he didn't do enough research about the specific bike he was riding and didn't expect to have the problem, called rear end shift, which caused his accident.

He emphasized that riders should not get complacent. "The minute you think you know how to ride it's going to bite you," Heller said. "Always be learning."

Heller talked about tips riders can use while riding in Sicily, such as beware of the changing road conditions, plan trips in advance, pay attention to other drivers and check out the motorcycle before riding. He also added, due to his recent experience, that riders should do product specific research on the motorcycle they plan to buy or ride.

Lt. Dan D'Aurora, a staff nurse with U.S. Naval Hospital Sigonella, shared personal experience of his time dealing with motorcycle accidents from the medical side...most of it wasn't pretty. He went in to detail about Stand down, page 10



A row of motorcycles are lined up for display during July's MWR Freedom Fest. The Naval Air Station Sigonella Safety Office recently held a safety stand down to raise awareness among those who ride motorcycles on or off base. There are about 236 registered motorcycles on base.

## MWR Cinema: Still the Reel Thing

Story and Photos by  
JO2 Allison Pittam  
Staff Writer

Popcorn and soda are a must along with a great seat - and the knowledge that your favorite movie at MWR Cinema is just minutes away doesn't hurt either. As the lights begin to dim you clear your mind of all else to take in the frames of celluloid that flicker past, drawing you in for the next ninety minutes or so. As you lose yourself in movieland, behind the scenes is an entity known as Navy Motion Picture Society (NMPS) who work with Morale, Welfare and Recreation (MWR) to make this experience possible.

The experience begins with, of course, getting the movies, and that's where NMPS comes in. In fact, since 1919, NMPS has worked in conjunction with producers and distributors of motion pictures to bring 35mm entertainment motion picture service to the fleet and ashore activities including Sigonella which receives new movies every week. Usually this is a smooth process - usually, but not always.

Take the movie *Troy* for example; or at least one reel of it, because all the theater received was the first half of the movie.

"The second half of the movie was sent to Naples," said Jennifer Mabry, acting manager for MWR Cinema. Mabry's only choice was to announce to the theater audience what had happened and run another movie in its place. "When we finally received the reel, we were in the NMPS mandatory two week hold period for a FROST (First Run Overseas Theaters) and had to wait a few days before we were



Winding film onto reels is one of the many jobs Stacey Collins, an MWR Cinema Projectionist, does to create a final full length movie.

finally able to show *Troy* in its entirety."

FROST refers to movies that have received an especially strong reception in the United States. A FROST gives theater managers a little more movie flexibility, as they have a 10-week play date compared to regularly released movies, which need to be returned to NMPS after four weeks of screen time. "*Spiderman 2* is a FROST and I've shown it six times already and it's still selling out," said Mabry. In addition Theater, page 12

## FFSC celebrates 25 years of support

By Alexis James  
Staff Writer

After a quarter of a century, one base service is celebrating how far they've come, and looking at things that can be improved. Fleet and Family Support Centers worldwide celebrated their 25th anniversary with record-high numbers, and also a bit of insight.

Figures in 2003 show more than 4.3 million service contacts at the 55 FFSCs worldwide. This is an amazing number for those who saw the first center open its doors in 1979. "FFSC's continue to evolve," says Anita Keegan, on staff when the first FFSC opened its doors in Norfolk, Va. "I still enjoy hearing, 'I had no idea you did that.'"

Marlene Casel, Director of Fleet and Family Support Center, Sigonella, wants people to continuously use the center as a resource for many of their needs. "People probably in general, all over the Navy, don't think of FFSC as a place to come for just information. I think they see us as only a counseling center and we aren't... it's the smallest area of service we provide," Casel explains. In fact, the center offers 67 delivery sites worldwide and 14 core programs for single and married Sailors, including services that help them balance their budgets (Personal Financial Management), move to a new base (Relocation Assistance Program) and make the transition to civilian life (Transition Assistance Management Program).

In spite of extensive growth and immense resources, Capt. Mary Ann Margosian, director of Navy Personnel Command's Fleet and Family Support Division believes that there are still many Sailors who have never been inside an FFSC. "Many folks don't get information about the FFSC until it's too late or until it's time to take a TAP [Transition Assistance Program] class," Margosian said. "Even if you don't have a family, go in there. Know what tools are in your toolbox."

A toolbox that locally, Casel is trying to inform people about. "I started to go in at Indoc and talking about the importance of making this an adventure and being part of the community and enjoying Italy. I encourage them to come in to FFSC... it should be a one stop place they come into, they should think of it first," she says. Sailors and their dependants can expect to find various opportunities specific to Sigonella. FFSC, Sigonella provides information on going to school while stationed here, finding jobs. And even when there are no jobs available, says Casel: "We have several workshops that we encourage people to get involved in. 'Anything that brings them out and keeps them from getting isolated.'"

While FFSC's world-wide celebrate their 25-year legacy, Casel hopes people stationed at Naval Air Station, Sigonella will use the center to find something they can celebrate. "This is an adventure of a life time and they should take advantage of that." To take advantage to these services, call the FFSC at Sigonella at extension 4291.



## Direct Line

**Capt. Joe Stuyvesant**  
NASSIG  
Commanding Officer

After a month at looking at the reports on all of Sigonella's traffic accidents, I am going to tell you something I bet all of you already know: When it comes to traffic accidents, we are the problem. The idea that the local drivers are causing most of our accidents is just simply not true. Over 60% of our accidents have an American at fault. Americans here in Sigonella are driving recklessly and disregarding traffic laws as soon as they clear the gate, because they see locals do it and because they think there is no enforcement outside the gate. Every one of you has seen a car driven by an American zoom by you like they have jet engines strapped to the side and they are trying to reach earth escape velocity, or pass you and the other six cars ahead of you, in a no passing zone, just because all of you are only driving 20 clicks over the speed limit.

Last week, we had 11 traffic accidents and at least two of those involved injuries. This past weekend, for example, we had a sailor cross over the centerline and hit another sailor head on totaling both cars; we had another accident where a sailor, allegedly under the influence of alcohol, crossed the centerline and hit a local national head-on injuring himself and the local national; and tragically up in Naples a Sailor caused a traffic accident, which killed a couple of local nationals on the Naples Tangenziale.

Let me put this as plainly as I can. The accident rate here is unacceptable and cannot stand. Therefore, I have directed the Safety Officer, in cooperation with the Security department, to develop a traffic safety enforcement program with teeth. We are going to step up enforcement both on and off base and aggressively seek out and ticket the reckless drivers. Those that have accidents (on or off the base) and are at fault will be ticketed. Once ticketed, they will see the traffic judge and the penalties assessed will be much more severe than they currently are now. There is too much at stake to let the situation continue. There are unsafe American drivers out there and I am committed to getting them off the road before they kill themselves or worse yet you or one of your loved ones.

I ask that you do your part. Drive responsibly and reasonably. Report those that don't. Help us make Sigonella a safe place to drive. The life you save may be your own.

## HEALTHWATCH

### Atkins diet in review

By Lt. A.B. Campbell,  
Registered Dietitian

As the dietitian at NH Sigonella, I would like to discuss the Atkins diet and what the pros and cons of this plan are. The two main points here are to understand the main points of this plan and why the plan ultimately does not lead to long-term weight loss.

An overview of the Atkins diet includes an extremely low intake of carbohydrates or starches with an average of 20 to 90 grams carbohydrates consumed per day, unlimited amounts of meats, fish and poultry, the first three days of this plan include eating over 1300 calories (overeating is covered up by water loss) and after the novelty or newness of this plan wears off the average intake per day is 1200 to 1700 calories.

With the extremely low intake of carbohydrates or starches, the body starts to go into ketosis and the body begins breaking down its own tissue including fat, for energy. As time goes on the appetite is decreased and weight loss depends on "calories in" versus "calories burned" (in another words to lose

weight a person still needs to exercise and burn calories as well as eat in moderation).

Some of the positive aspects about the diet are that simple sugars or added sugars are completely eliminated from the diet, diabetics experience a drop in blood sugar, more awareness of empty calorie, high sugar foods (such as soda, candy, etc.) and the elimination of extremely-large or gluten-sized portions of pasta, potatoes and other starches.

Oftentimes, a person on a "low fat meal plan" may forget about also limiting the portion sizes of carbohydrates and starches, as these foods are perceived as being okay in large amounts as they are low in fat.

Negative aspects of the Atkins diet includes the increased risk of heart disease, it is low in the necessary nutrients folate and several antioxidants and protective phytochemicals (these nutrients are mainly from fruit and vegetables). There may even be increased risk of cancer due to constipation (this diet averages less than six grams of fiber per day and adults need 25 to 30 grams of fiber per day). Unless at least two ounces of cheese is included in this diet there is increased risk of osteoporosis due to the high amount of calcium being eliminated from the body (this is due to the high protein intake).

Other negative aspects of this diet include increased risk of gout due to the increase in blood uric acid and also increased risk of kidney stones due to increased uric acid. Another possible risk is that of low blood pressure which is also known as orthostatic hypotension, which can cause fainting (caused by electrolyte loss and dehydration). There is even a chance of rising blood pressure with age due to low intakes of potassium, magnesium and phosphorus (all minerals that can be obtained from fruit, vegetables and dairy products such as milk).

The Atkins diet plan does not lead to long-term weight loss in the majority of people who follow it for numerous reasons. The following includes actual statements from people who have tried a high protein/low carb eating plan for any amount of time.

"The diet gets "old" after not eating bread Healthwatch, page 10

## Congratulations to NASSIGs new chief selectees

MAC Joseph Allen  
MAC Stephen Pakola  
UTC Jody Markham  
SKC Ranilo Estacio  
AEC Franklin Morse  
AEC Lisa Patrocky  
ATC David Stark  
AMC Michael Beard  
AMC James Hale  
AEC Karen Marini  
ETC Salvatore Patti  
CMC Jason Cancel  
ITC Chad Johnson  
HMC John Harris  
GMC Greg Allison  
OSC Wayne Shelton  
GMC Zachary Holzhausen  
MAC Andy Kidd



Security  
Security  
PWD  
Supply  
AIMD - PCSing to GEMD  
AIMD  
AIMD  
NLTU  
HC-4  
VP-16  
MOCC-TSC  
NCTS  
NCTS- JMAST PG  
EODMU8  
EODMU8  
EODMU8  
EODMU8  
USNR

Conserve energy ...  
if you don't  
need it, turn it off.

## Why did your spouse marry you?



By Chaplain  
Tim Moore  
Command  
Chaplain

I ran across an article that I thought was pretty interesting on the subject of "Why did I marry a Sailor?" The author is unknown and I don't even how old it is. It reflects a stereo-typical image of the male being a Sailor and the woman waiting at home. Even though it is "Old Navy" in tone, bear with me, I hope to make a point.

Why did I marry a Sailor? When the last line has been cast, and you're left alone.

You wonder..... Why did I marry a Sailor?  
When it is the 27th of the month and you only have 84 cents,

You wonder..... Why did I marry a Sailor?  
When the washer won't wash, the dryer won't dry, and the vacuum won't vacuum all in one day...

You wonder..... Why did I marry a Sailor?  
You stop and count and find in 16 years you spent half the time alone.

You wonder..... Why did I marry a Sailor?  
It is Christmas morning and all the shining faces, except one, and you are hoping that the bikes hold together.

You wonder..... Why did I marry a Sailor?

Then one morning you find all the days are crossed off, it is time for the shining star to come home. While you watch them pull in, the lump in your throat grows,

You know why you married a Sailor.

You remember all of the other homecomings, the look in his eyes when he sees you, the gentleness as he hugs each child.

You know why you married a Sailor.

The feel of his hand on your arm and the way he says, "Hi Hon YOU LOOK GREAT!!!"

You know why you married a Sailor.

You smuggle down, his arms hold you close and you know...

Why you married YOUR Sailor!!!!!!

The point is; as Naval personnel, many of us are now on shore-duty. This is a time when we build our relationships stronger. Our spouses have to put up with a lot while we are away from home so often. They are called upon to be Mom and Dad at the same time. They put up with much loneliness during our absence. Make a concerted effort during your time together to make memories that will last. To make a marriage work you need to make time for each other and develop a relationship that will make him or her look forward to those times to share together. Why did your spouse marry you?

## NAS Sigonella Worship Opportunities

**Catholic Mass**  
Saturday 5 p.m. Chapel (NAS II)  
Sunday 9 a.m. Chapel (NAS I)  
Sunday 9 a.m. in Italian 41\*  
Stormo Chapel (NAS II)  
Sunday 11 a.m. Community Center (Mineo)

**Protestant Traditional Service**  
Sunday 11 a.m. Fellowship Hall (NAS I)

**Protestant Worship**  
Sunday 9 a.m. Community Center (Mineo)  
Sunday 10:45 a.m. Chapel (NAS I)

**United Pentecostal Church, International**  
Sunday Noon Chapel, (NAS II)

**Church of Jesus Christ of Latter Day Saints**  
Sunday 1 p.m. Chapel (NAS I)

**Church of Christ**  
Sunday 3:30 p.m. Chapel (NAS I)

**Jewish Shabbat Service**  
Last Friday of the month 5 p.m. Chapel (NAS I)

**Muslim Jumuah**  
Friday 12:30 p.m. Chapel (NAS I) Classroom

**Weekdays**  
Catholic Mass 4:30 p.m. Monday & Tuesday 11:30 a.m. Thursday & Friday (NAS I)  
Monday thru Thursday at 11:30 a.m. (NAS II)  
Wednesday Protestant Bible Study 4:45 p.m. (NAS II Chapel) 5 p.m. (NAS I Chapel)  
For more details, call 624-4295 or 624-9049.

**SECURITY BLOTTER**

**CRIMESTOPPER'S HOTLINE**  
624-6389  
July 26 — Aug. 1  
The following incidents were reported and categorized as follows:  
Traffic accidents without injuries - 9  
Traffic accidents with injuries - 2  
Car break-ins - 0  
DUI - 1  
DUI's 2004 - 17  
DUI's 2003 - 58

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<b>Public Affairs Officer</b> Lt. Steve Curry	<b>Asst. Public Affairs Officer</b> J01 Craig Coleman	<b>Volunteers</b> Alexis James Nicole Hamaker
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# NAVY NEWS

## Navy Recruiting Sets New Record

By Journalist 2nd Class Chris Conklin,  
Navy Recruiting Command Public Affairs

MILLINGTON, Tenn. (NNS) — Officials and recruiters of Navy Recruiting Command are celebrating the thirty-sixth consecutive month of making active-duty enlisted accession and new contract objective goals July 31, continuing to raise the bar for the sea service's future recruiting success.

Due to the unprecedented accomplishments of the recruiting force, the Navy has been able to concentrate on bringing in better quality recruits and more directly reflect the vision of the Chief of Naval Personnel Vice Adm. Gerald L. Hoewing.

"The sustained achievement our recruiters have produced for the past three years is central to our force-shaping goals for both the active and reserve Navy," said Hoewing. "Their hard work is ensuring the fleet has the best educated, best qualified and most diverse Sailor possible. Our Navy recruiters have been doing a tremendous job and are critical to our success in shaping the Navy of tomorrow."

"It's rewarding to take young men and women and help them become people who really want to serve their country," said Hull Technician 2nd Class (SW) Justin McNicol, recruiter in Moline, Ill. "I get tremendous satisfaction watching them mature from high school teenagers to confident young men and women, ready to assume the helm of tomorrow's Navy."

Navy Recruiting has steadily increased the quality of its recruits by doubling the number of enlisted recruits with college experience. This has allowed for a more selective process admitting more recruits from what it calls Test Score Category (TSC) I-IIIA, those applicants that score a 50 or above on the Armed Services Vocational Aptitude Battery (ASVAB). Increasing the number of applicants with above average

test scores has helped contribute to a lower attrition rate for recruits in boot camp.

Likewise, Navy Recruiting has also been able to concentrate on creating a more diverse Navy. TSC I-IIIA diversity recruits have increased an average of 65 percent in the last year, and Navy Recruiting is expected to exceed that number in the future due to the inception of the new Diversity Advisor division at recruiting headquarters in Millington, Tenn.

Recruiters are pleased with the accomplishment, as they steadily diminish the former record for recruiting of 21 consecutive months.

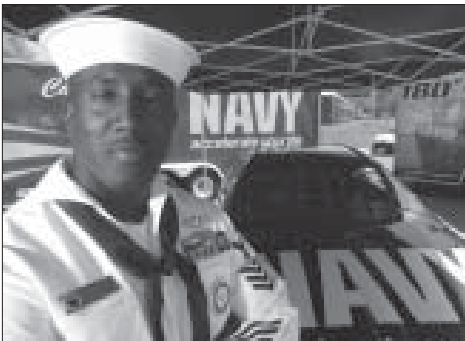
"It feels good to be out here working hard and knowing we are making a difference. It is a rewarding feeling to know that we are making our goals and putting qualified people in the Navy," said Aviation Machinist's Mate 2nd Class (AW) Tyler Dexter, recruiter in charge of Navy Recruiting Station Plano, Texas. "I know that my station and other stations in my area are consistently exceeding our goals. It's really a great feeling to know I am contributing to CNCR's [Commander, Navy Recruiting Command] success."

That sentiment is shared in the Navy recruiter ranks. Many who have contributed to the success of recruiting have been able to go to their hometowns and recruit. Yeoman 2nd Class (SW/AW) Jason Bullock, a recruiter at Navy Recruiting Station Texas City, Texas, and native of nearby Clear Lake, Texas, has been able to rise to the top in his recruiting district while serving close to home. "I enjoy my job," said Bullock. "I feel, like many of the other recruiters, that it is important to motivate applicants to join the Navy. I feel this mindset has allowed us to be successful, and being this close to home allows me to feel more comfortable in doing my job as a recruiter."

CNCR Rear Adm. Jeffrey L. Fowler praised the work of Navy Recruiting personnel.

"I am particularly pleased that my hard-working recruiters have raised the bar in so many areas while maintaining our streak of success," Fowler said. "My recruiters have impressive young men and women waiting in an unprecedented Delayed Entry Program (DEP) pool to join our Navy and serve our country. My recruiters are using this time in the DEP for the growth and development of these future Sailors to be even more successful when they join our ranks."

Recruiters and support personnel of recruiting are now looking forward to their next goal: making it 37 consecutive months of making goal.



Naval Counselor 1st Class Irving McNeil, a Navy Recruiter assigned to the Naval Recruit Depot, San Diego, stands in front of the Navy sponsored NASCAR on display at the Fontana Speedway in the Navy's Information booth. The Navy sponsored NASCAR, number 14, is driven by Casey Atwood and competed in the Stater Bros. 300 presented by Gatorade.

## The Energy Block

Hey...Whats up with the water, water, water? This is starting to sound vaguely like last weeks topic. Well, I'll fess up. Last week I didn't have the numbers for the month of June. Those numbers tell me that we have consumed five million gallons of water more than we did at this time last year for the month of June. This was just for one month. Which means, by the way, it will be our fourth consecutive month of higher usages.

Not all is bad news though, if one is not looking at the previous four months, that is. The last several weeks have shown a sharp decline in our water production, thanks to all the hard work from the many in public works, and you the consumer. Without you folks, too much would have been overlooked and a major curb may not have been possible. We here in the energy department want to just say thanks.

On another note, some are wondering why it is so cold in some of the new buildings and how this could be saving money? In my limited knowledge of how these HVAC systems work or (Heating Ventilation And Cooling) the reason is that these buildings were designed to operate all year round as services. So that during the summer months if the air is too cold the boilers kick on and heat the air for humidity purposes. This maintains a somewhat constant temperature per room. Now as you know, Sigonella does not have a big humidity problem. So to save money we have turned off the boilers to reheat this air.

It is all trial by error folks. Please be patient with us as we experiment and find the best possible way to service all with a limited budget.

One of the ways we have found this to be possible is by increasing the size of the fan belt pulleys so that we can reduce the amount of airflow going through the building. Variable Air Volume or (VAV) is controlled by sensors throughout the building that look somewhat like a thermostat. Each of these VAV boxes has a minimum and maximum air volume that it can supply to the space it serves. If the minimum amount of cold air blowing into the rooms causes the room temperature to fall below the set point the hot water coil valve is supposed to open and heat the room to set point. Hence the boilers remaining on all year round. We would like to minimize energy usage by not turning on the boilers and hot water pumps. So by increasing the size of these pulleys we are now able to lower the VAV box minimum air volume.

In the next two weeks we shall be recording the difference of savings with and without the use of boilers as per designed specs for all new buildings.

Let's use, not abuse

## Sexual Assault Victim Intervention

SAVI offers a Sexual Assault Hotline staffed with trained Advocates who man the SAVI Hotlines 24/7. The number is 335-642-8312 or 335-606-6146.

## DoD Approves Army Plan to Reach Out to Sailors, Airmen

Special release from the U.S. Department of Defense

WASHINGTON (NNS) — The Department of Defense announced July 29 that Sailors and Airmen are now able to "Go Army" under a new program intended to rebalance the size of the military.

The program will generate new opportunities for continued service and career advancement for those willing to transfer into the Army from other services.

Under "Operation Blue to Green," the Army will reach out to Sailors and Airmen and underscore the advantages of swapping their present uniform for Army green.

Among them is the faster pace of Army promotions. For example, a Soldier pins on the rank of E-6 at least four years more quickly than an Airman holding the same skill.

"We admire everyone who serves in the nation's uniform," said Lt. Gen. Buster Hagenbeck, the Army's uniformed personnel chief. "But I know that anyone who looks closely at today's Army will find a lot to be excited about. We are growing, and we need experienced people to lead that transition."

Both the House of Representatives and the Senate have shown an interest in increasing the Army's strength over the next few years. In fiscal year 2005, the Navy is planning a force reduction of 8,000, while the Air Force will trim more than 20,000 over the same period.

The Army plans to use bonuses to stimulate the needed accessions and to carefully guide the experience mix so that promotions stay strong. The focus of the effort centers on grades E-1 to E-5, but other grades will be considered in meeting Army needs. For example, the Army will continue to have a sizeable demand in the areas of law enforcement, health care, communications and intelligence.

"There are 120 Air Force specialty codes that will transfer into 37 Army military occupational specialties (MOSs), and the Navy has 112 ratings that will transfer into 42 Army MOSs," said Col. Norvel Dillard, the chief of the Army's Enlisted Accessions Division. "Those are job one, but we're looking at others as well. We're also looking for junior officers."

In the past few weeks, more than 1,000 Sailors and airmen have gone to [www.goarmy.com/btg/index.jsp](http://www.goarmy.com/btg/index.jsp), answered a questionnaire and indicated intent to transfer. Nearly three-fourths of those exploring the option say they are "very interested" or "ready to transfer."

The Army's recruiting goal for the next fiscal year is about 80,000. Of that number, the Army hopes to recruit at least 8,000 prior service troops.

For more news from the Department of Defense, go to [www.defenselink.mil](http://www.defenselink.mil).

## Stars and Stripes Election/Voting Guide

WASHINGTON (NNS) — For any service members stationed in foreign countries, from Iraq to Japan and anywhere in between, Stars and Stripes will publish a Voting Guide Aug. 17, as a supplement to the newspaper.

The purpose of this timely guide is to help those service members serving their country abroad fulfill their civic right and duty. Stars and Stripes wants to make the process as painless as possible by providing detailed information about the process.

"This special section will help inform the troops about how to register, how to order and mail their absentee ballots, who the candidates are, what the issues are, and where to get voting assistance if needed," said Robb Grindstaff, Stars and Stripes associate editor.

This supplement will cover, among others, the following issues:

- Summary of the election and how the process has reached its present position.

- State-by-state information on registration procedures, how to request absentee ballots and how to cast absentee ballots. This item aims to help service members avoid some of the problems, perhaps derived from lack of information, encountered during the 2000 presidential elections.

- Facts and figures about the contenders, stated views and/or voting records on military issues, weapons programs etc.

- Information about where to get voting assistance. This comprehensive how-to guide will be included in all Stars and Stripes editions to give all troops, DoD civilians, and eligible family members, wherever they may be located, assistance in exercising their right to vote.

"We want to give service members every opportunity to participate fully in the democracy they defend every day," Grindstaff said.

## News Briefs

### Advancement exam study sessions

The NASSIG First Class Association is sponsoring "Military Requirements" advancement exam study sessions now through Aug. 26 at Bldg. 562 (adjacent to the NAS II ballfield). PO3's on Tuesdays from 4 p.m. to 5 p.m., PO2's on Wednesdays from 4 p.m. to 5 p.m., and PO1's Thursdays from 4 p.m. to 5 p.m. Open to anyone preparing for the Navy-wide advancement exams.

### SDS new student orientation

Stephen Decatur Secondary School will hold new Student Orientation on Thursday, Sept. 2 at 9 a.m. in the Information Center for grades 6 through 12. For more information call 624-4282.

### SDSS PTSA car wash

The Stephen Decatur Secondary School PTSA will be holding their first fundraising car wash of the year on Friday, August 13, 2004 at the NAS I NEX Annex overflow parking lot next to the CDC and bowling alley from 9 a.m. to 2 p.m.. Come out and support our students! Volunteers needed! Contact X1529.

### FLC Project

The Flight Line Clinic is undergoing installation of new windows. The project is scheduled for completion by the end of August. In order to accommodate the construction project, the front entrance to the Clinic has been closed. Entrance to the Clinic will be through either of the side doors of the building. Please be advised that the Flight Line Clinic will continue to provide the usual range of services during this time.

Clinic parking will not be affected.

### DECA low carb products

DeCA has responded to the low-carb phenomenon by increasing the selection of low-carb products in many stores. Available now in larger commissaries are special low-carb sections that feature reduced-carbohydrate sauces, pastas, baking mixes, breads, salad dressings, breakfast foods and energy bars.

### Attention youth soccer players

Soccer players ages (10-12) male and female.

Anyone interested in playing competitive soccer this fall is asked to contact Jim Burke at 624-5116(W) or 624-0214(H) for further details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>August</b> Trade Fair in Messina ITT Call 624-4396
						Tour of Tindari & Trade Fair in Messina ITT Call 624-4396
8 Wine Tasting in Northern Etna ITT Call 624-4777	9 Free Admission Night Base Theater	10 Infant and Child CPR & First Aid for Youth 10 a.m. to 2:30 p.m. Red Cross Call 624-4900	11 August back-to-school blowout matinee Base theater Giveaways and more. Call 624-4216	12 Mt. Etna by Night, Shooting Stars & Dinner ITT Call 624-4777	13 Taormina Arte Opera: Bizet's Carmen ITT Call 624-4777	14 Captains Cup Swim Meet 10 a.m. NAS II Pool Call 624-4334/5335
15	16	17 Catania History I, St Agata Festival & Fireworks ITT Call 624-4777	18 9-Ball Pool Tournament The Crater Pub Call 624-4321	19	20 Taormina & Alcantara Gorge ITT Call 624-4777	21 Babysitter Training Red Cross 9 a.m. to 4 p.m. Call 624-4900
22 Siracusa III & Seafood Restaurant ITT Call 624-4777	23	24 Tournament Tuesdays 6 p.m. at Take 5 Call 624-2034	25 Taormina Arte Operetta: La Vedova Allegra ITT Call 624-4777	26	27 Catania by Night & Wine Tasting ITT Call 624-4777	28 Marzamemi Boat Tour Adventures Unlimited Call 624-4271
	<b>Sat., Aug. 7</b> Tour Tindari, a beautiful city known for its Roman Street network and the Sanctuary of the Black Madonna. Then head to the world famous trade fair, which opens at 5 p.m. to find some rare treasures. Call ITT at 624-4777 for more information.	<b>Sun., Aug. 8</b> Enjoy an exquisite dinner and wine tasting at a winery near Linguaglossa. Have an outdoor dinner buffet in the garden, where you can witness the shooting stars and wonderful landscape. Call ITT at 624-4777 for more information.	<b>Mon., Aug. 9</b> Stop by the Crater Pub for some BINGO action. Cards go on sale at 5:30 p.m. and early-bird games start at 6:30 p.m. Cash prizes for winners.	<b>Tues., Aug. 10</b> The Crater Pub has some Tuesday night action for you. Their Billiard Break Contest starts at 7 p.m. The person with the most balls in on the break wins.	<b>Wed., Aug. 11</b> Stop by the Crater Pub for a Nine Ball Pool Tournament at 7 p.m. You could win a classic "Dead Stroke" t-shirt.	







By Alberto Lunetta  
Signature Staff

# Italian News

Sicilian culture and lifestyle

## Peach & Pear Festival in Maniace

The annual mouthwatering *Sagra delle Pesche & Pere* (Peach & Pear Festival) recognizes the importance of the Maniace peach and pear industry. This year the *sagra*, which will be held on August 7 and 8, will be celebrating its 10th anniversary. There is plenty happening in the township of Maniace during the festival. On the first day, the festival begins at 5 p.m. in piazza dell'Autonomia with booths featuring *pesche, pere*, local produce and arts and crafts. A music show is held in the evening at 9 p.m.

The second day of the festival (Aug. 8) kicks off in the morning at 9 a.m. with booths selling delicious peaches. In the afternoon around 6 p.m., festival goers can enjoy a peach cake tasting. A music show ends the festival in the evening.

### What to see in Maniace

Maniace is a small town situated on a fertile valley crossed by the Simeto River bounded by the Nebrodi Mountains. It became an autonomous municipality in 1981 when it separated from the city of Bronte. Maniace's economy is mainly agricultural with an extensive production of peaches, pears, apples, olives, grapes and dairy products. Cattle breeding and sheep farming are also developed in the area.

Maniace's origin is linked to the victory that Byzantine General Giorgio Maniace obtained over Saracens in this area in 1040. To celebrate that victory, Maniace placed a Byzantine icon depicting the Virgin Mary on the site of the battle. In 1173, a Benedictine church was erected to preserve this venerated religious image. After the building of the church the Benedictine and Basilian monks erected the rest of the complex using it as a monastery. The chapel is fascinating for its simplicity. It was built with a nave and two aisles according to the Benedictine tradition. The portal is a perfect example of the Gothic-Norman style. It is composed of 10 marble and sandstone carved capitals. Outside, in the courtyard there is a lava cross that is dedicated to the memory of Admiral Horatio Nelson, the unlucky hero of Trafalgar.

In 1799, King Ferdinando III of Naples donated the complex to Nelson, as a sign of gratitude for having him restored on the throne of Naples after putting down a local riot.

The abbey and its beautiful surrounding countryside were given to Nelson together with the title of Duke of Bronte. Nelson turned the abbey into a castle. Generally, historic chronicles tell that Nelson never actually stayed at his Sicilian "summer house." But recent studies seem to deny this theory. According to a historian, the British admiral was at Bronte's castle for few days together with his lover Lady Hamilton. This woman was Nelson's great passion. She nursed him through illness and was always at



The Nelson Castle is a must-see stop for visitors of the annual Peach and Pear Festival that takes place in Maniace on August 7 and 8 featuring food tasting, arts and crafts and entertainment. Maniace is a small town situated on a fertile valley crossed by the Simeto River bounded by the Nebrodi Mountains.

his side during public events. She also acted as his interpreter in diplomatic discussions and public events while they were in Naples. The chronicles of the time even tell about an exchange of engagement rings with Emma before Nelson left for the tragic battle of Trafalgar.

Altogether, seven dukes owned the castle; the first one was Nelson's niece Lady Charlotte Bridport. The latest, Alexander Nelson Hood Viscount of Bridport sold all the properties in 1981 to the city of Bronte.

The castle, the gardens, the Duke's apartments and the church can be visited daily, except Monday, from 9 a.m. to 1 p.m. and from 3 to 7 p.m. The cost of a ticket is • 2,60; groups of more than 10 persons • 1,60; children (under 10) and seniors (over 65) • 1,30. For more information on the Castle call 095-690018. For directions, detailed schedules and information on the festival you can also contact one of the following Catania Province Tourist Offices: 095-7306222/279 (main office, via Cimarosa n.10); 095-7306233, 095-311768 (via Etna n. 63); 095 7306255 (Train station); 095-7306266/277 (Fontanarossa Airport); 095-7306209 (Port).

## Summer Music Festival kicks off in Noto

If you are under the spell of classic music don't miss the amazing music festival that will be held in Noto through September. Noto is one of the most beautiful Baroque cities in the world. An "open-air museum," the city, which is located about 20 miles south of Siracusa and was denominated as "Garden of stone and gold" for the yellowish-rosy color of its buildings and monuments, was added to UNESCO's World Heritage List in 2002. Here are some of August's highlights: Franco Ormerzowski (cello) and Barbara Lunetta (piano) Aug. 8- 9 p.m. - San Domenico Cloister; Roy Paci & Aretuska jazz ensemble Aug. 10- 10 p.m. - Eloro beach; Franco Medori (piano) Aug. 11- 9 p.m. - San Domenico Cloister; Renee Santa Cecilia Academy Soloists (piano, violin, clarinet and cello) Aug. 14- 9 p.m. - San Domenico Cloister; Luis Quintero (guitar) Aug. 16- 9 p.m. - San Domenico Cloister; Qbeta ethnikal music, Aug. 17- 9 p.m. - piazza Municipio (main square); Cantunovu, ethnikal music, Aug. 18- 9 p.m. - piazza Municipio (main square); Sciroccu, ethnikal music, Aug. 19- 9 p.m. - piazza Municipio (main square); Orazio Sciortino (piano) Aug. 19- 9 p.m. - San Domenico Cloister; Ensemble Mulè (piano, flute, piano, drums and double bass) - Aug. 20- 9 p.m. - Landolina square; Stefano Bollani Quintet (piano, saxophone, guitar, drums and double bass) Aug. 22- 9 p.m. - San Domenico Cloister; Altieri Choir & Ensemble, Aug. 22- 10 p.m. - Landolina square; Jazz Festival - Aug. 23, 24 and 25 - piazza Municipio (main square) and San Domenico Cloister - 9 p.m.; Stefania Pistone (vocals) and Salvo Margone (piano) - Loggia del Mercato - 9:30 p.m. For more information and tickets contact Noto's Tourist Office at 0931-573779.

## Word Find

Olympic Host Cities

N O D O L I C L E L L E O C E S M L C V K J V A H  
I Y W B E A K P U A I V Y F V Q I A O R O P P A S  
L K V N L S F N K O E L K D H U G E P W L W R X M  
R O M G Y A P E I J E K L T D A R M G Q T H J R  
E T A D X O P N A S I S N E D W X T U B Z C J B E  
B R N B A L R R S P L F W G H V I N N S B R U C K  
Y E Y K A Y A K T P Q E L I Z A K O I S A P V A U  
Y N L C F S M E X I C O H F F L M M C T K N A N N  
A A I F T T E W N J P A F H C L Y M H K C B I S C  
O D V P H N I F O O X R Y O Q E K S E I Z D Z I X  
S T M O R I T Z U A M W U J O Y Q A N R W N G C V  
M B Y A L B E R T V I L L E V A M L N E V J K D N  
B C Y W G D R O M E J C A T N M D L N T H N A F X  
M J S S E L R G N A S O L O P K E O Y H W T J C H  
D L Z I L O K N U W B T L K I X D L O S C E A H O  
M Y Q T U U L B O N E R G N F L B H D M R K O  
R O K X S O S B W D C S S N O N S G A O H A J P J  
S D S G I Z L X O R A O T L Q O A M D F U D C T Z  
T P G C K K B T A E Y N O Q R H O A I C T R U Z Y  
Z Z Y Q O M V B N M C E C Z P N C T C O C E N G G  
S I R A P W Y U S I K A K F I T L L L K C T V E J  
Z T B H L X Z F U N A R H X D I J A C L U S C T A  
P H P I L Q G U F I M S O J X B X N O E W M X N S  
M W J C V R X Z S M L A L S E I U T M C I A U Q C  
X K W R U K E Z I M F L M M O R G A V Q C D Z W Q

ALBERTVILLE	GRENoble	MEXICO	SAPPORO
AMSTERDAM	HELSINKI	MONTREAL	SARAJEVO
ANTWERP	INNSBRUCK	MOSCOW	SEOUL
ATHENS	LAKE PLACID	MUNICH	SQUAW VALLEY
ATLANTA	LILLEHAMMER	OSLO	ST MORITZ
BARCELONA	LONDON	PARIS	STOCKHOLM
BERLIN	LOS ANGELES	ROME	SYDNEY
CALGARY	MELBOURNE	SAINT LOUIS	TOKYO
CHAMONIX			

## TRIVIA

- 1) How many total dogs and cats live in the United States?
- 2) In what year was the first American satellite launched into orbit?
- 3) What was the name of the first airplane flown at Kitty Hawk by the Wright Brothers, on December 17, 1903?
- 4) What was the first ready-mix food to be sold commercially?
- 5) In what year were fortune cookies invented?

(Answers on page 11)

## Movie Connection

JOHN'S Theater Schedule

### Friday, Aug. 6



1 p.m.  
**Around the World in 80 Days**  
(PG)\*\*



6 p.m.  
**Dodgeball**  
(PG-13)\*\*



8 p.m.  
**Troy**  
(R)

### Saturday, Aug. 7



1 p.m.  
**Garfield**  
(PG)



3:30 p.m.  
**Anchorman**  
(PG-13)



6 p.m.  
**Spiderman 2**  
(PG-13)

### Sunday, Aug. 8



1 p.m.  
**Around the World in 80 Days**  
(PG)



3:30 p.m.  
**Dodgeball**  
(PG-13)



6 p.m.  
**Soul Plane**  
(R)

### Monday, Aug. 9



6 p.m.  
**Soul Plane**  
(R)\*



8 p.m.  
**The Terminal**  
(PG-13)

### Theater Closed Tuesdays

### Wednesday, Aug. 11



6 p.m.  
**I, Robot**  
(PG-13)



8:30 p.m.  
**Spiderman 2**  
(PG-13)

### Thursday, Aug. 12



6 p.m.  
**Anchorman**  
(PG-13)



8 p.m.  
**Troy**  
(R)\*

### Friday, Aug. 13



1 p.m.  
**Two Brothers**  
(PG)\*\*



6 p.m.  
**White Chicks**  
(PG-13)\*\*



8:30 p.m.  
**The Bourne Supremacy**  
(PG-13)\*\*

\*\* Future Re-release \*\* Sneak Preview \*Last Showing  
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at x4248)

## Teens participate in alcohol and drug abuse prevention summit

By Ensign  
Chris Crabtree  
Staff Writer

"How many of you think I'm old?" asked the middle-aged man leading the discussion. Several teens in the room raised their hands and a few of them laughed.

The middle-aged man was William Flannery, Branch Head of the Navy Alcohol and Drug Abuse Prevention Program (NADAP). Flannery and other leaders from NADAP were at NAS Sigonella to host a regional alcohol and drug abuse prevention summit. Thanks in part to support from the Seabees First Class Association, the summit included an interactive discussion with teens.

Flannery's humorous question about his age was provocative enough to get the teens to think about the importance of communicating with their parents. "It is important that teens talk with their parents about the pressures they face and it is equally important that parents listen," he said.

Several parents came to the summit with their teens. "Your parents brought you here because they care about you," said Capt. Kathy Contres, Director of Navy Personnel Service and Support Programs.

Flannery said teens should ask themselves some specific questions when confronted with the

temptation to abuse alcohol or drugs. "Do you ever talk to yourself?" Flannery asked, "I do it often and it's a really helpful way to make better choices."

He suggested that teens ask themselves about the motives of people they interact with. "If you are offered alcohol or drugs, ask yourself if the person making the offer really cares about you," Flannery said.

Another useful strategy is to evaluate the personal impact of alcohol and drug abuse. "I encourage you to identify the important factors in your life and ask yourself how alcohol and drug abuse would negatively impact them," said Flannery. Several teens joined the discussion

by suggesting that families and career goals can be devastated by alcohol and drug abuse.

The discussion also revealed that many people abuse alcohol and drugs because they are not involved in other life-f fulfilling activities. Flannery suggested that teens seek out alternatives to drugs such as sports, hobbies and achieving career goals.

Flannery concluded the summit by acknowledging that sometimes it is hard to resist peer pressure. He suggested that it is easier if teens hold each other accountable. "Find a friend that you trust and make a 'contract' to help each other avoid alcohol and drug abuse," Flannery said, "It's much easier when you have someone supporting you."



William Flannery, branch head of the Navy Alcohol and Drug Abuse Prevention Program (NADAP), talks to teens after his presentation.

## Strategies for avoiding alcohol and drug abuse

- Identify the important factors in your life such as family and career goals and consider how alcohol and drug abuse would negatively impact them.
- Talk with your parents and friends about the consequences of alcohol and drug abuse.
- If you are offered alcohol or drugs, ask yourself if the person making the offer really cares about you.
- Seek out alternatives to drugs such as sports, hobbies and achieving career goals.

Make a "contract" with a friend to help each other avoid alcohol and drug abuse.

## Students paint mural for Stephen Decatur School



Michael Maury, (Class of 2004) Brandon White (Transferring to Japan), and Adrienne White (Class of 2003) have been painting murals for the Stephen Decatur School. These students have been working so hard getting the mural ready for the new school year.

# Runners and walkers 'stampede' to raise funds

Story and Photos by JO2 Steve Weaver  
Staff Writer

On a top of a scenic hill near the Mineo Housing area people from Naval Air Station Sigonella gathered to take part in a fundraising event benefiting the families of those lost in a Helicopter Combat Support Squadron Four (HC-4) "Black Stallions" accident last July.

The Stallion Stampede featured two races, a 10K race and a 3K fun run/walk. The races began around 8 a.m. and 8:30 a.m. There were raffles to enter and even an assortment of baked goods made by Mary Miller.

All the running, walking, and sweating went for a good cause. "It is to raise money for the college funds that were established for the [family members] of last year's HC-4 helicopter accident victims," said Lt. Paul Langevin, flight surgeon for

HC-4, who coordinated the event along with Lt. Thad Smith.

Many people turned out, which scared a herd of sheep and aroused curiosity among locals in the area. "Everybody from the base showed up and it was a very strong turnout," said Langevin. "We had close to 150 people register. Not quite that many people could make it out, they had some last minute duties, but it's been a great effort on everybody's part."

Avid runners and those who just wanted to get out and take a walk came to show their support. AOC Brian Flinn of VP-16, who runs three or four times a week, ran the 10K race and liked to get out on the trail. "The scenery is beautiful out here," he said. "It's definitely a good place to have this run and hopefully they'll continue to have an annual fundraiser for the memory of our fallen shipmates

out here. It's definitely a good thing."

"It was a really challenging course," Langevin said. "It was a trail run. It's not a road run and by definition trail runs are slower because they're much tougher. These people did really well. The first-place man and woman had really good times. Luckily we had some rain so we could get some mud on the course, which is always an asset in trail running."

Krista Jones hiked the course with her one-year-old son Keegan on her back. "It's great to get people off base and come out here to do a trail run," she said. "It's a great opportunity."

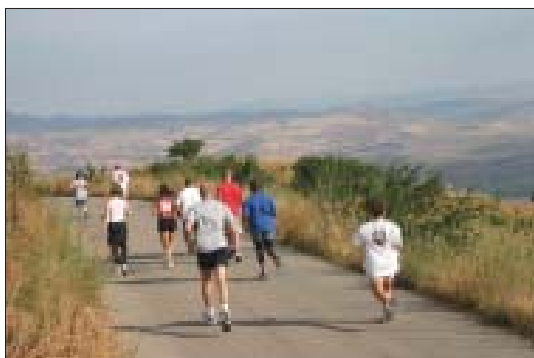
Some were committed to running in the race no matter what condition they were in, such as Lt. Cmdr. Jen Eichenmuller, officer in charge of Navy Legal Services Office, who ran with a broken toe.

"We're hoping to have it as an annual event," Langevin said. "We're going to try to bring this to different parts of Sicily. It's a trail run so you get to see really pretty areas. It's something unique that I think the Sigonella community hasn't really seen."

"The support has been awesome," Langevin continued. "Certain commands have gotten together and really put forth [an effort]. PW has been invaluable...they've done a great job. The commissary contributed a lot of the food that we



Lt. Cmdr. Jen Eichenmuller makes the final dash for the finish line during the Stallion Stampede 3K Fun Run/Walk. Runners are refreshed with a spray of water in the background.



Runners begin the 3K Race with a great view of the surrounding hills in Mineo. The run benefitted the families of those lost in the HC-4 helicopter accident last July.

sold."

If you would like to help with the fundraising efforts, contact Langevin or Smith at 624-5472 or email them on the base LAN.

The results of the investigation into the events of last July blamed an engine fire for the crash of the MH-53E Sea Dragon with Cmdr. Kevin Bianchi, Lt. Peter Ober, AM1 Brian Gibson and AE3 Samuel Cox on board. The fire was caused from foreign-object damage to the engine.





A runner strains to reach the finish line in the 10K race during the Stallion Stampede held in the foothills near the Mineo Housing area.



Krista Jones prepares to hike the trail in Mineo with her one-year-old son Keegan.



Runners register and receive their numbers before taking part in the Stallion Stampede.

## Stallion Stampede Results

### Men's 10K Race Results

1	Ahmik Jones	48:58
2	Gaspar Vasquez	49:26
3	Julian Padilla	52:40
4	Boateng Yaw	53:17
5	Matt Tarabour	54:57
6	James Norris	56:09
7	Jeff Kimball	57:36
8	Todd Shain	57:46
9	Brad Littleton	58:20
10	Rueben Barrera	58:33
11	Mike Doherty	59:19
12	Tim Ross	1:00:13
13	Bryan R. Flinn	1:00:21
14	David Lyman	1:00:40
15	Matthew Connelly	1:01:00
16	Sean Glaven	1:01:51
17	Matt Rising	1:01:51
18	Kurt Parsons	1:03:21
19	Rich Arriaga	1:04:51
20	Bryan Tannehill	1:05:50
21	Josh Spencer	1:07:26
22	Stephen Schmidt	1:07:32
23	Lorenzo	1:07:36
24	Eric Deussing	1:07:53
25	Brandon Griffiths	1:07:53
26	Chris Purcell	1:08:07
27	Chuck Hollingsworth	1:09:37
28	Marcus A. Gobrecht	1:10:14
29	Hsein Chen	1:10:56
30	Pete Firenze	1:15:01
31	Chad Hanson	1:16:35
32	Michael Burt	1:16:35
33	John Dzaloski	1:17:00
34	Paul Kubie	1:17:47
35	Steve LeMieux	1:19:02
36	R.I. Barker	1:19:15
37	Anthony Miller	1:20:57
38	Dustin Rabine	1:23:37
39	Train Vine	1:24:02
40	Chris Sloan	1:24:24
41	John D. Rhodes	1:24:37
42	Pat McGroarley	1:25:34
43	Bob Barbee	1:25:42
44	Todd Tavolazzi	1:25:42
45	Kelly Land	1:25:42
46	Frank Loforti	1:25:42
47	Dennis Jones	1:25:55
48	Tom Coleridge	1:34:23
49	Frankie Romero	1:57:28

### Women's 10K Race Results

1	Holi Gurl	1:02:59
2	Cassandra Arcoraci	1:04:10
3	Brianna Land	1:10:08
4	Abby Ward	1:10:16
5	Amy Lewton	1:13:31
6	Karrie Coleman	1:16:38
7	Chelsea LeMieux	1:19:02
8	Sara Lyman	1:19:09
9	AEI Gorman	1:24:34
10	Joanna Slaton	1:24:34
11	Rose Trejo	1:25:25
12	Julie Chesney	1:29:46
13	Christina Pratten	1:57:20

### Men's 3K Race Results

1	Thomas Messina	15:09
2	Ryan Clay	16:57
3	Greg Adair	16:59
4	Daniel Villalobos	18:29
5	John Kodluboy	18:37
6	William Livingston	20:04
7	Sebastian Lindquist	20:56
8	Christopher Neerhof	23:32
9	Master Chief Sarver	23:46
10	Danny Smith	24:13
11	Joseph Erskine	24:13
12	Robert Baumgartner	25:46
13	Greg Baumgartner	25:46
14	Keith Cawthern	31:39
15	John Maxfield	33:50
16	Fabian Perez	35:34

### Women's 3K Race Results

1	Rocio Livingston	20:05
2	Jen Eichenmuller	21:04
3	Kelly Lindquis	22:59
4	Traci Neerhof	23:35
5	Lawanda Smith	24:13
6	Merritt Baumgartner	25:46
7	Brenda Langer	29:35
8	Sidney Priseler	32:51
9	Lielia Sarver	32:35
10	Mrs. Master Chief Sarver	33:35
11	April Maxfield	33:50
12	Krista Jones	35:37
13	Riley Coleman	37:14
14	Gaylene Lukenbill	37:24
15	Camella Rising	38:28

Stand down from page 1

cyclists who have had pulmonary embolisms, split livers, broken bones and much more. He also outlined what may happen to you with the Italian medical system. "I'm here to tell what the reality of riding a motorcycle and living here in Sicily is," D'Aurora said.

HMC(FMF) B.J. Jones illustrated each step that could happen during an accident from beginning to end. He also stressed the importance of wearing the proper equipment while riding, such as wearing a helmet. "It's your choice," he said. "But who are you affecting...is it only you?"

Mabry discussed the importance of the stand downs. "With people being military, they're intelligent enough to make the right decisions, but it helps to have a stand down to bring their awareness back up. A lot of the people who have been riding for a while are senior, but it helps them to stay current on what the instructions state and generally bring their awareness back up because everybody gets complacent doing what they're doing for an extended period of time."

For current requirements for the proper gear to wear while riding motorcycles, see OPNAV 5112G as well as NASSIG instruction 5114.2.

Healthwatch from page 2

and other starches for a long time

•People who exercise in endurance sports such as running 5 miles or more per week state they have less energy on the Atkins diet than before started the plan

•Too unrealistic to follow this extreme eating plan for more than 6 to 12 months on average so most people eat starches again and gain the weight lost back

Consider asking yourself the following questions when you consider going on the Atkins diet: 1) If you were allowed to eat all the butter you wanted and no bread, how much would you eat, 2) Knowing that the Atkins' "ketogenic effect is only worth 45 calories per day", is it still worth the extreme diet? 3) Do you realize that when you lose 15 pounds in 4 weeks on the diet after adjusting for water loss only 8 pounds are lost?

For more information about nutrition and weight loss see your primary care physician for an appointment and/or referral to your local dietitian. Look for a future article topic on "Popular Diets Reviewed."

SAWS bakes treats to help animals



Photo by Photo Bank Connection



Photo by Photo Bank Connection

Above: AO2 Robin Anton greets customers during a baked goods sale at the Aviation Intermediate Maintenance Detachment at NASSIG. Anton is the president of the Sigonella Animal Welfare Society at NASSIG. SAWS sponsored the event to raise funds for their organization, which will go towards the rescue and care of stray animals at Naval Air Station Sigonella.

Left: Sailors cue in line for goodies in the AIMD Conference Room during the SAWS Bake Sale.

**Community Fun Day**

date: 28 Aug 04  
time: 1400-1900  
place: Marine Housing

**"WORKING TO MAKE A BETTER COMMUNITY"**

EVERYTHING IS ABSOLUTELY FREE  
EVENTS PLANNED FOR THIS DAY WILL BE:

- TUG OF WAR
- JUMPING CASTLE FOR THE KIDS
- 3 ON 3 BASKETBALL TOURNAMENT
- DIVING "WATER" BOOTH
- FIRE DEPARTMENT WITH "BUNKY"
- NASSIG POLICE DOGS AND HANDLERS
- PINK POOL (WHILE IT LASTS)
- AND MUCH MUCH MORE

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### *Trivia Answers*

- 1) Over 100 million (66 million cats and 58 million dogs)
- 2) Explorer I, launched February 1, 1958
- 3) Bird of Prey
- 4) Aunt Jemima pancake flour, 1889
- 5) 1916 by George Jung

## Theater from page 1

to keeping her theater busy. FROSTs are equally anticipated by theater employees who screen the movies before they are released on base. "Employees frequently see screenings of new movies as an added perk of working here," said the theater's acting manager.

This is one of the perks that Stacey Collins, MWR Cinema's Projectionist especially enjoys. "My daughter is down in the theater waiting to watch the movie right now," she said, as she moved over to load the first reel of the film *New York Minute* onto the first of two projection machines upstairs in the theater's projection room. Earlier, she had built the film from two reels, which involved splicing the end or "tail" of the first reel with the beginning or "head" of the second reel to form a complete movie. Building a movie is not the most difficult step in the projectionist's day. Loading the reel of film onto the projector is where the two to three months of training comes into play.

"I learned projector skills in-house and to load the projectors was the hardest part for me to learn," said Collins. "The most important thing is making sure you have the measurements right or the film can snap," she said.

Checking to see what movie is listed on the schedule is also important. "First I look at the day's play sheet," said Collins, as she located the correct reels of film to load onto the projector. "Sometimes the reels can weigh up to 50 pounds so you build your muscles," she said as she adjusted the reel on the machine. Then she carefully loaded the end of



Projectionist Stacey Collins carefully lays a length of film underneath the yellow strip of photo splicing tape to attach a 'head' and 'tail' of two different reels to build the movie, "New York Minute".

the film into the projector. "You also have to load the film properly to insure audio because the sound is printed on the film and is read within the projector," Collins said.

Other important steps include aligning the film so that it is projected straight up and down on the screen, correctly measuring the amount of slack given to the film as it is looped among the projector cogs to avoid snapping it and keeping the frames of film the proper distance from the projector light that shines through the celluloid or the light will burn holes in it.

As she is talking, Collins is walking over to projector number two because the first reel of the film, *New York Minute*, is about to come to an end. With the second reel of film already loaded on the second movie projector, she explains the intricacies of switching from reel one to reel two in mid-movie.

First, she opens the window that looks out to the theater. She says she is looking at the top right corner of the screen for a faint black dot. Immediately upon seeing it, she turns on projector number two and slides the red lever down that puts the reel into motion. Fifteen seconds later, a second black dot appears and she hits a switch labeled "Change Over" all the while the movie plays on seamlessly to the audience below.

When the movie comes to an end, Collins will either rewind the reels of film for a future screening or she will break down the film to send back to NMPS. "Before we send the film back we break it down and re-attach the original heads and tails that we stored when we built the film four to ten weeks ago."

Sadly, it seems as if reel film is a dying breed as many commercial theaters are beginning to use DVDs due to its cost effectiveness. "I think we may be transitioning away from film to save money," said Collins.

So, the next time you visit MWR Cinema, remember the hard-working individuals that make your movie experience possible and don't forget to look for the black dot that signals reels of real film are in use and not the newfangled DVDs.

For more information on the latest movies playing at the MWR Cinema on NAS 1, visit: <https://info.sig.sicily.navy.mil/mwr/page29.html> or call the Movie Hotline at: 624-4248. See you at the movies!



Stacey Collins, MWR Cinema's Projectionist, carefully loads a reel of movie film onto one of two projectors in time for the day's matinee movie.



## MWR Complex next in recap

By JO1 Craig Coleman  
Staff Writer

The recapitalization of NAS 1 continues on schedule.

With the completion of the Community Building in May the attention of engineers and contractors is now focused on the MWR Sports and Recreation Complex, which will be completed, including exterior spaces, in April 2006. The building will be finished next summer.

Dozens of construction workers are erecting walls and pouring concrete in the 8,360 square-meter facility that NAS Sigonella MWR Director James Baker expects to be a great improvement over current MWR facilities.

"I think the services we offer now will be greatly improved," Baker said. "The facilities we have now are just old. The new complex offers bigger facilities, state-of-the-art facilities and better located operations."

The \$26 million complex will include a heated 25-meter pool, a bowling alley, a snack bar, a gym with two basketball courts, fitness rooms, a running track, Single Sailor and wellness programs, the Adventures Unlimited excursion and equipment check-out facility and two movie theaters – all in a

single location.

According to Lt Paul Lucia, assistant resident officer in charge of construction, the duplex makes the complex distinctive. "We'll be one of the only bases in the Navy that have two theaters."

"Having two theaters is very exciting," Baker said. "A duplex allows us to offer twice as many movies. When a top new movie comes out we'll be able to show it twice as many times."

Baker noted that the new fitness facility will include a climbing wall and a skateboard park outside the building.

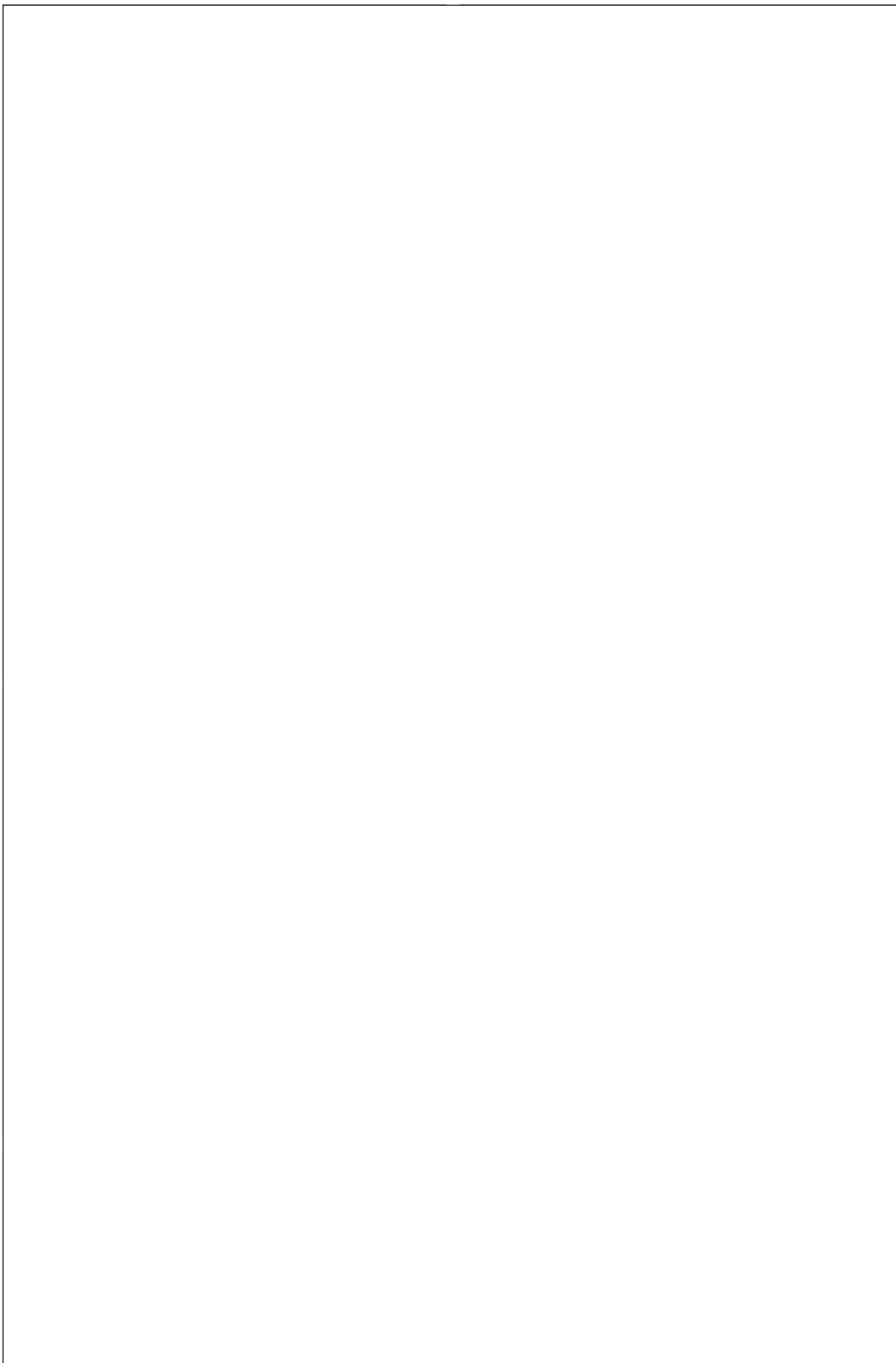
Putting such a complex project together has sometimes been complicated according to Lucia. The building was designed by American architects and is being built by Italian contractors. All elements of the construction must meet both American and Italian building codes. For example, American codes require sprinkler systems for fire suppression, while Italians use a fire-retardant coating. Both systems must be implemented. "We have a team of people working on this, so we solve the problems on a case-by-case basis."

After the MWR Complex the NAS 1 recapitalization project will wrap up with the building of a new DoDDS school schedule for completion in 2008.



Workers saw through wood on the roof of the MWR complex.







# Il Mercato

## The Signature

Anyone interested in sending ads via email should leave a phone number and point of contact name at sigsignature@yahoo.com. Ads run for two weeks and are run on a space available basis and must be sponsored by active duty military members, family members or Italian National/ American base employees.

Ads must be 40 words or less. The Signature no longer accepts ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. If someone would like these types of services in The Signature they can call Jerry Boritzki @ 095-307-412 to pay for an advertisement.

## Paid Ads

**1998 Honda VTR 1000 cc** Firestorm two cylinders. Yellow, great condition. Asking \$4,200. Call Giacomo. 339-774-8228.

Italian Babysitter, loving and nurturing environment in my Motta home. Hours are very flexible. Have references. Call Monica at 338-9595271 or ext 4311. Wanting to take a vacation but you have no place to leave your pet? Book your Pet-Sitter today. Call 347-791-1051

Plants for sale: Various sized native succulents aloes and jades in Motta, also one 8ft cactus. Please call 338-2735683.

Ever wonder what Ocean Mist smells like in your home? To find out how to get FREE candles and accessories, call Michelle 095-7277192.

## Automotive

**1982 BMW 315**, 4 speed manual transmission. Asking \$750. Needs some work. ITCS Nagy: W: 624-5858/H: 624-0237.

**1995 Dodge Neon**, runs good. A/C works. Asking \$3200. H: 095-30-9919. Cell phone: 339-638-5301.

**Jeep Suzuki Santana** 5-speed, comes with 4 road tires + 4 off road tires excellent condition, asking EURO 3000 OBO call Daniela at x3897 or cell 335-5788131 or email ldarico@sig.med.navy.mil

**2001 Suzuki Marauder 805cc** U.S. Spec bike, 4700 mi, Windshield, pass. seat, back rest, Cobra pipes, Saddle Bags, chrome acc, full cover, etc. Showroom condition, runs perfect! Free extras incld!! Asking \$4850. Pls call: Cell: 335-578-9322 or Hm: x1283 - before 9pm.

**2002 Peugeot 206 (PCS Sale)** 48 K km 5 spd standard transmission A/C, stereo w/ cassette deck Dk blue body, Tinted windows Seats 5, with shoulder belts all rear seat positions Good condition Maintenance record available. work 624-9252/home 095-86-1477.

**1990 Nissan Pathfinder** SE-V6 4x4 Automatic. Looks good, runs great. Clean interior. Roof rack, running bds, grill guard. New A/C, tires and brakes. \$4,500 OBO Call 624-0219

**1986 Mercedes 190E** 4 spd manual, A/C. Great island car. Reliable and efficient. \$3,300 OBO Call 624-0219

**2001 Audi TT Quattro Coupe**. U.S. spec, 225hp 6-speed, aviator grey with blue leather, 6-disc cd, 49k highway miles, new tires, asking \$25,000 but make an offer. contact Shannon Adams W:5322 H:0261

**1991 ALFA ROMEO 75**, green, new tires, new battery, cd player w/detachable face, power windows, power locks, clean, lots of room, runs great. 2,500 o.b.o. must sell asap. Call laura @ 6585 (work) or 3337620494 (cell)

**1997 FORD EXPLORER XLT**, 4 door, fully loaded, leather, A/C, all PWR, cassette/CD player (six CD

changer). Excellent condition. Asking for \$9000 OBO. Call 335474162.

**1990 BMW 320i**, first owner was 82 years old, the car has been babied. Asking \$3800 OBO. Would like to sell by Mid Aug. Call Rick 335-578-5520 or 0621(nights)

**1968 Autobianchi 500 Giardinetta**. Beautifully preserved, totally original vintage 500 Belvedere Stationwagon! Suicide doors and convertible top. Runs and drives great! Must see to believe condition for this rare example of an unusual and fun car. asking \$3,000.00. obo, for pic's see www.sigtrades.com. Ask for Aldo at x4599 or 338-4898796.

**1999 Chevy Cavalier parts**. Must sell. Asking \$152.00 for front wheel rotors, brake pads, & fuel filter. New !!!! Still in shipment box. Call Lee at home 624-0242 @ work 624-5088

**1993 Mercedes for sale**, metallic blue year, Ac,pwr window/locks amfm cass. Call Carmelo at 3492936727 or email divescily@yahoo.com Asking price \$3500.00

**1990 LANCIA THEMA 2000cc**, 16 valve. Color blue, general good conditions: new tires, A/C... Asking 1.900,00 Euro. Call Maria at x5781 or x6877 .

**1994 Saab 9000 CSE**, 2.0 turbo, loaded, AFL, 68,000 mi., AM/FM/Cass/12 pk CD. Great shape. \$5000.00. 335-830-3724.

**1994 Renault Twingo**, excellent running car and very good on gas, qualifies for 300 Liters a month from MVRO, 4 cylinder, 5 speed. Asking \$1800. Call Jerry Norton at (W) 624-6579 (H) 624-7088.

**1997 honda civic** 1.4i, 16v, black, 4 door, air conditioning, power windows, perfect mechanical condition. asking 3,000 euro. call cell# 347-0894016.

**2004 Volvo S60 2.5T** 17,000 miles. Leather, power everything, automatic, US specs. Dealer maintained. Fully loaded. \$26,000 obo. call George 3389093280 or 624-0101.

**1990 BMW 318IS**, 5 speed, power windows, power mirrors, sun roof, new water pump and thermostat. Interior and exterior in excellent condition and drives great! Recently passed safety inspection. Asking \$2,700. Call AS1 Jimenez @ 6459 or 095306443/3479879267 after 5 PM.

**1988 Ducati Monster 900U.S.** Specs, K&N air filter, K&N stage 2 jets, Arrow pipes, Corbin seat. Recently serviced at dealership. \$6000/OBO. Call Ron at 340-936-8022 or email rwzenga@hotmail.com

**1990 BMW 520i**, 5spd., 6cyl, 4dr., sunroof, NEW: clutch slave cylinder, battery, brakes, front tires, thermostat, clutch fan, timing, alternator, PS and AC belts, oil pan gasket. Runs great, looks OK. Great second or single sailor car. Good mileage. \$2,100.00 OBO Contact X1529, 335 723 5874 or 340 821 6587.

**1995 Opel Corsa**, 85,000 km(original),pwr locks/ windows,cd-radio, recent tune-up, a few Sigonella dings, overall excellent condition nt/exterior. PCSING must sell by Aug. 20. \$1,800. Call Dave at 624-6673 (WK) 624-3678(HM). Road tax good till Jan 05.

**1972 Mini-Minor**. Red, motor good. Condition: all original. Home: 624-3762. Cell: 339-4011979.

**1988 Lancia Delta Turbo** ie1600cc 140hp. air condition 4 dr / gt alarm sys / new tires a/c / cent locks/pwr win/ alum rims. / kenwood stereo can bee seen at NAS 2 calab parking lot \$1800 fmi call mike 340 980 8927.

**1992 Alfa Romeo 33** Runs well, some body



## Send Il Mercato advertisements to sigosignature@yahoo.com

damage. A/C, New brakes. Good island car. Needs new water pump. \$800 OBO. Call 624-6389 or 333-904-0163.

### Pets

Home needed: 5 month old purebred "Chineco dell'Etna" (related to the Pharoah Hound. "Cash" is housebroken, knows basic commands, love the car and water! Great with other dogs, all shots, microchip and vet-checked! Please call 095-307136 or 340-5039247 for info.

Please help! We're transferring, and have rescued too many animals to take with us. No fees involved. You receive vet record (Shots, chip, spay/neutering complete.) Wonderful pets - no hassle, call me first. LCDR Smallwood 624-2972 - Thank you!

Good home needed for two friendly and playful 6-month-old puppies. One is black and the other is brindle. They are both chipped and have their first set of shots. They are almost housebroken and love the outdoors. Please call 624-3595 or 333-722-6870.

Adorable 3 month old kitty needs a loving home. White/black spots on back. Healthy and spunky survivor found outside our gate. Too much chaos at home to keep her. If you have room in your home & heart call April/Miha 095-727-7482 or 624-4840.

Free to a good home, 4 baby wild birds small (maybe sparrows). They need to be hand fed about every 2 hours. 3 are all most full grown walk and all most flying. the other is younger and not walking yet. I found them in side an aircraft and had to take them out. I work so it is very hard for me to take care of them. Contact Airlie Maimone 95309570,3393583989 or X5086.

### For Sale

For Sale, 4 cell phones \$150 for all. 1 Nokia, 1 Phillips, 1 Siemens, 1 TM. All chargers included. Available after Aug 6. ITCS Nagy: W: 624-5858/H: 624-0237.

For Sale: Living room furniture (excellent condition) Livingston Sofa-beige, Chaise Lounger-beige, coffee table-dark, 2 end tables-dark. Paid \$2500 new. Must sell only \$700 for everything (package deal) Tony/Lisbeth: 095-52-2066, Cell:339-614-2393.

Brand new king-size pillow top mattress and box spring. Paid \$800; will sell for \$400. 624-0100.

2 Panasonic cell phones and 2 electric fans. H: 095-30-9919; Cell: 339-638-5301

PCSing must sell! Iron glass table w/ 4 chairs and matching bakers rack that has a wood top \$225.00 O.B.O "excellent condition". Cockpit style corner computer desk \$40.00 O.B.O "excellent condition". Pictures available by e-mail. Please call 624-1230.

TV For Sale! 65inch Big Screen. \$2000. Less than 4 months old. Paid \$2500 at the NEX. TV is currently in Mineo. Call 624-0193.

Oak table; 42" square; solid wood - \$30.00. Canon BJC-250 Color Bubble Jet Printer w/ software, user manual and extras, in original box - \$20.00. Kodak KE60 Easy Load 35mm camera with flash, very gently used complete with all paperwork/manuals, less than 2 years old - \$10.00. All items in very good, working condition. Call ext 4103.

Beautiful plants for sale: various sizes including aloes, jades, succulents and an 8-ft. cactus. Call Donna at 338-273-5683 in Motta.

Craftsman Ltd Edition Tablesaw with stand. 10" blade, 2.7hp, \$150. Craftsman 9 amp Router, single speed, 25K rpm, \$60. Craftsman 8pc carbide-tipped router bit set, with case, \$50. All items never been used, still in original boxes. Pine dining room table with 6 chairs, good condition, \$115. Call Adrian at 333-167-6105, evenings only for more info.

Textbooks for sale. Biology101-Basic concepts 5th edition 35.00, English101-From idea to Essay 35.00, IFSM201-Understanding computers 40.00, and Psychology100 30.00. The soft covers are bent from wear and tear, but the books have been used one semester and are

half the cost of them new. I have checked and they are being used by Maryland for the current semester. I will sell the bundle for 120.00. Call Tiffany @ 624-0343. Leave a message and I will return your call.

Computer: ATX Power Supplies \$20, CD-Roms \$10, Floppy Drives \$5, CD-/CD-RW(24x10x40) \$40, Ghost Recon Gold Edition Game \$20, DVD+R 25Pack \$40. Baby: Dual Bottle Warmer/Cooler-110V \$20, Express Bottle & Food Warmer-110V \$20. Other: Iraqi Most Wanted Playing Cards \$3 a pack, 220V-110V Surge Protector \$5. Call Tim at 624-3634 or email comitalt@nets.sicily.navy.mil

Entertainment Center, 2yrs old, Maple color, holds 38-40 inch TV. CD racks, lights, and glass doors. From Rooms-To-Go. Must see. Moving Soon. \$600. Call 624-1248.

Nokia 3310 cell phone with all the attachments \$100.00; Ericsson T-20 cell phone, \$80.00; King sized waterbed bedroom set, dresser/ butch, high chest, 2 nightstands \$800.00; small (6cu ft) freezer, 110vac, \$50.00; Logitech GT Force Gran Turismo 3 steering wheel, new, \$75.00; 335-830-3724.

Sky satellite decoder - \$350.00 12' round above ground pool / w pump and filter. - \$150.00 Multiple Transformers - \$45.00 Ea. Italian Refrigerator \$150.00 Italian Dishwasher \$150.00 Call Andy 3333850352 or 095-791-0169 or ext 6654.

Wall unit, 2yrs old, Maple color, holds 38-40 inch TV. CD racks, lights, and glass doors. From Rooms-To-Go. Must see. Moving Soon. \$600. Call 624-1248.

Mens BDUs, new and used. Aize medium. Half price off new, \$10 used. Also Air Force Blues and stripes. Info: Russell Beasley, USAF, Cell: 335-831-4765. Home: 0923-719-552. 2nd Cell: 338-684-2351.

15 speed Schwinn 'Montegue', bike folds around seat post. Shimano brand derailleurs, odometer, halogen headlamp, mini air pump, waterbottle rack, side view mirror. Paid \$400. Must sell! Make offer. CDR K: 624-9231/9251 or, 340-783-4278.

### Wanted

Nanny/Housekeeper, We are looking for a fulltime, live in, Nanny/Housekeeper to stay with us in Marsala and help care for our 1 1/2 year old boy and soon to be girl. Good salary room/board and paid vacation. Please call Mac 338-652-3780.

### Jobs

The US Naval Hospital, Sigonella, is soliciting for one full time personalized service contract for an ambulatory care registered nurse. Closing date 13 Aug 04. Sources must be eligible for US employment and US board certified. Solicitation packages are available at the supply department, purchasing office, NAS II. Call Mr. Barbagallo at 624-5725 and Nellie Barone at 624-3791.

### HRO Ads

**Dental Hygienist, UA-0682-05/04/03**, U.S. Naval Dental Center Europe, Branch Dental Clinic Sigonella. Announcement number LN004-031300. Open Until Filled.

**Protocol Officer, GS-0301-09**, Office of the Commanding Officer, Protocol Office, Sigonella. Announcement SIG04-029103(R). Open Until Filled.

**Education Aid/Technician**, GS-1702-03/04, MWR Department, Child Development Center NAS Sigonella. Announcement number SIG04-EDTECH. Open Continuous.

**Recreation Aid, GS-189-03**, MWR Department, Recreation Services Division, Youth Activities Branch, Various Locations, NAS Sigonella. Announcement number SIG04-RECAID. Open Continuous.

**Supervisory Recreation Specialist, GS-0188-07**, MWR Department, Recreation Division, Sports and Athletics Branch, NAS Sigonella. Announcement number SIG04-028531 (RR). Open Until Filled.

**Theater Manager, GS-1101-07**, MWR Department, Recreation Division, Theater, NAS Sigonella. Announcement number SIG04-031349(R). Open Until Filled.

